

# DELTA SUNGOD SWIM CLUB BUILDING CHAMPIONS



Female 10 years & Under					Male 10 years & Under							
SHORT COURSE		LONG COURSE		EVENT	SHORT COURSE		LONG COURSE					
32.42	Francine Ling	Mar/94	32.11	Faye Ling	Jul/97	50 FREE	33.21	Gurshaan Sangha	Nov/19	34.3	Brad Smith	Feb/89
1:11.14	Faye Ling	Jun/97	1:11.61	Faye Ling	Jun/97	100 FREE	1:15.23	Chris Stevens	May/94	1:17.46	Brad Smith	1989
2:39.64	Delphine Wang	Jul/15	2:40.58	Faye Ling	Jun/97	200 FREE	2:40.54	Jatinder Grewal	Dec/18	2:48.60	Brad Smith	Jul/89
5:34.43	Kirra Trites	Feb/17	5:53.05	Logan Warkentin	Jun/10	400 FREE	5:24.52	Jatinder Grewal	Dec/18	5:44.37	Reece Landry	Apr/13
11:33.33	Kirra Trites	Feb/17	13:20.03	Logan Warkentin	Apr/10	800 FREE	11:28.77	Jatinder Grewal	Dec/18		Reece Landry	Apr/13
23:57.79	Reena Paul	May/00			Apr/10	1500 FREE	21:36.77	Jatinder Grewal	Dec/18	2:40.83	Reece Landry	Apr/13
37.03	Jennie Hall	Feb/06	36.45	Melissa Ibbotson	Jun/00	50 BACK	40.27	Jason Steefkerk	Apr/90	39.27	Brad Smith	Jul/90
1:20.19	Melissa Ibbotson	Jan/00	1:23.06	Melissa Ibbotson	Jun/00	100 BACK	1:26.72	Jason Steefkerk	Mar/90	1:28.50	Chris Stevens	Apr/94
2:49.79	Jennie Hall	Jan/06	2:54.70	Melissa Ibbotson	Jun/00	200 BACK	3:03.95	Jatinder Grewal	Dec/18	3:14.15	Harbir Grewal	May/15
43.48	Francine Ling	Mar/94	45.17	Francine Ling	Apr/94	50 BREAST	38.17	Gurshaan Sangha	Dec/19	46.06	Harbir Grewal	May/15
1:34.43	Noelle Evans	Nov/19	1:38.23	Francine Ling	Apr/94	100 BREAST	1:26.92	Gurshaan Sangha	Dec/19	1:40.29	Reece Landry	Apr/13
3:27.11	Rebecca Soroke	Nov/19	3:26.09	Britni Santos	Jun/07	200 BREAST	3:13.04	Gurshaan Sangha	Dec/19	3:28.54	Reece Landry	Apr/13
34.97	Rebecca Soroke	Nov/19	37.01	Rebecca Soroke	Jul/19	50 FLY	37.79	Chris Stevens	Apr/94	38.69	Chris Stevens	Apr/94
1:21.96	Rebecca Soroke	Nov/19	1:27.69	Delphine Wang	Jul/15	100 FLY	1:22.27	Chris Stevens	Mar/94	1:27.67	Jason Steepie	Jun/96
3:06.87	Delphine Wang	Feb/15	3:17.72	Delphine Wang	Jul/15	200 FLY	3:11.16	Jatinder Grewal	Dec/18	3:27.63	Reece Landry	Apr/13
1:24.61	Francine Ling	Apr/94			Jul/15	100 LM	1:25.22	Harbir Grewal	Mar/15			
2:56.54	Jennie Hall	Jan/96	3:02.79	Melissa Ibbotson	Jun/00	200 LM	3:02.01	Jatinder Grewal	Dec/18	3:12.60	Reece Landry	Apr/13
5:59.62	Melissa Ibbotson	Dec/00	6:56.72	Chantelle Boduel	Apr/02	400 LM	6:17.32	Reece Landry	Apr/13	6:30.27	Reece Landry	Apr/13
2:45.47	Delta 'A'	Nov/99	2:32.35	R. Soroke, J. Bhangu, N. Evans, I. Pike	Jul/19	200 F.R.			2:50.82	G. Sangha, A. Zhawar, Mart. Vitoria, A. Lalli	Jun/19	
2:57.60	Delta 'A'	Nov/99	2:56.27	J. Bhangu, N. Evans, R. Soroke, I. Pike	Jul/19	200 M.R.			3:17.76	A. Zhawar, A. Lalli, G. Sangha, Mart. Vitoria	Jun/19	
						800 F.R.						
Female 11-12 years					Male 11-12 years							
SHORT COURSE		LONG COURSE		EVENT	SHORT COURSE		LONG COURSE					
28.79	Elena Penner	Feb/13	29.56	Hailey Penner	Jul/15	50 FREE	28.10	Daniel Wang	Feb/20	27.83	Pat Gavigan	1989
1:02.63	Elena Penner	Feb/13	1:04.16	Hailey Penner	Jul/15	100 FREE	1:02.36	Pat Gavigan	Dec/89	1:03.07	Jackson Wang	Jun/00
2:21.97	Francine Ling	Mar/96	2:20.48	Hailey Penner	Jul/15	200 FREE	2:15.70	Marcus Vitoria	Feb/18	2:23.63	Nick LeFor	Jul/89
4:56.96	Kirra Trites	Feb/18	4:58.40	Hailey Penner	Jul/15	400 FREE	4:54.60	Marcus Vitoria	Nov/18	4:52.81	Greg Hamm	Jun/90
10:15.16	Kirra Trites	Dec/18	10:30.94	Yihan Wu	Dec/18	800 FREE	10:07.85	Marcus Vitoria	Dec/18			
19:17.13	Kirra Trites	Jan/19	20:13.60	Alexa Ibbotson	Jan/00	1500 FREE	19:33.68	Harbir Grewal	Feb/17	20:31.26	Reece Landry	Jul/14
33.93	Francine Ling	Mar/96	34.12	Hailey Penner	Jul/15	50 BACK	32.40	Marcus Vitoria	Dec/18	32.90	Kevin McDonough	May/10
1:11.88	Francine Ling	Mar/96	1:15.25	Logan Warkentin	Jun/12	100 BACK	1:08.01	Kevin McDonough	Mar/10	1:11.11	Kevin McDonough	May/10
2:38.49	Logan Warkentin	Mar/12	2:42.44	Logan Warkentin	Jun/12	200 BACK	2:26.37	Kevin McDonough	Mar/10	2:32.16	Kevin McDonough	May/10
38.09	Francine Ling	Nov/95	40.30	Kayah Apanowicz	Jun/18	50 BREAST	38.74	Jason Steefkerk	Dec/91	37.51	Alan Lu	May/10
1:19.77	Francine Ling	Mar/96	1:22.46	Kayah Apanowicz	May/19	100 BREAST	1:15.85	Pat Gavigan	Jan/90	1:17.64	Pat Gavigan	Jul/89
2:52.58	Francine Ling	Mar/96	3:59.69	Francine Ling	Jun/96	200 BREAST	2:47.96	Pat Gavigan	Jan/90	2:48.43	Pat Gavigan	Jul/89
32.14	Elena Penner	Dec/12	32.22	Hailey Penner	Jul/15	50 FLY	31.39	Marcus Vitoria	Jan/19	32.79	Andrew Conroy	May/03
1:09.01	Francine Ling	Mar/96	1:11.85	Hailey Penner	Jul/15	100 FLY	1:08.54	Marcus Vitoria	Feb/18	1:11.48	Andrew Conroy	Jul/03
2:48.90	Francine Ling	Feb/96	2:49.53	Hailey Penner	May/15	200 FLY	2:43.81	Kevin McDonough	Mar/10	2:41.67	Shingo Kido	Jul/98
1:17.53	Faye Ling	Jan/99				100 LM	1:12.76	Nick LeFor	Mar/89			
2:34.06	Francine Ling	Mar/96	2:36.03	Hailey Penner	Jul/15	200 LM	2:35.77	Marcus Vitoria	Jan/19	2:36.91	Pat Gavigan	Jul/89
5:29.15	Hailey Penner	Mar/15	5:32.74	Hailey Penner	Jul/15	400 LM	5:28.32	Marcus Vitoria	Mar/18	5:33.31	Kevin McDonough	May/10
2:07.74	M. Ibbotson, R. Paul, A. O'Grady, N. Boduel	Mar/01	2:11.72	H. Penner, S. Morey, L. Vossen, S. Kidd	May/14	200 F.R.	2:10.68	T. Bullock, K. McDonough, D. Su, A. Lu	Dec/09	2:21.13	L. Jamias, Y. Rai, Marc. Vitoria, J. Grewal	Jun/18
2:24.16	N. Boduel, R. Paul, A. O'Grady, M. Ibbotson	Mar/01	2:31.60	S. Morey, S. Sangha, H. Penner, L. Vossen	May/14	200 M.R.	2:30.15	K. McDonough, T. Bullock, A. Lu, D. Su	Dec/09	2:23.71	Marc. Vitoria, Y. Rai, L. Jamias, J. Grewal	Jun/18
4:45.82	M. Ibbotson, A. O'Grady, R. Paul, N. Boduel	Mar/01	5:02.66	Delta 'A'	Apr/00	400 F.R.			5:32.92	S. Hanna, K. Swifts, S. Riggs, C. Dececco	Jun/03	
10:54.96	I. Chan, J. Hall, Ju. Hall, Y. Wu	Feb/06	6:30.00	K. Hannah, S. Nixon, J. Lee, M. Karkling	Jun/01	400 M.R.						
						800 F.R.						
Female 13-14 years					Male 13-14 years							
SHORT COURSE		LONG COURSE		EVENT	SHORT COURSE		LONG COURSE					
27.42	Francine Ling	Feb/98	28.15	Faye Ling	Jun/00	50 FREE	25.27	Jason Steefkerk	Mar/94	26.39	Jackson Wang	Jun/02
59.99	Francine Ling	Feb/98	1:02.69	Hailey Penner	Jun/00	100 FREE	56.17	Jackson Wang	Mar/92	57.81	Jackson Wang	Jun/02
2:11.85	Jessica Perkins	Mar/90	2:15.50	Francine Ling	May/98	200 FREE	2:06.93	Greg Hamm	Mar/91	2:07.76	Jackson Wang	Jun/02
4:41.31	Francine Ling	Feb/98	4:50.31	Hailey Penner	Feb/17	400 FREE	4:26.04	Kevin McDonough	Mar/12	4:34.28	Kevin McDonough	Apr/12
9:41.91	Francine Ling	Dec/97	10:00.06	Yi Han Wu	Apr/09	800 FREE	9:41.63	Marcus Vitoria	Nov/19	9:35.40	Michael Milic	Apr/13
18:47.69	Yi Han Wu	Nov/08	19:15.23	Kirra Trites	Mar/20	1500 FREE	17:58.13	Greg Hamm	Mar/91	20:22.55	Kevin McDonough	Apr/11
31.52	Elena Penner	Mar/15	32.56	Chantelle Boduel	Jun/06	50 BACK	29.38	Kevin McDonough	Dec/11	30.58	Kevin McDonough	Apr/12
1:09.29	Chantelle Boduel	Feb/06	1:09.24	Chantelle Boduel	Jun/06	100 BACK	1:00.90	Kevin McDonough	Mar/12	1:04.38	Kevin McDonough	Apr/12
2:23.71	Chantelle Boduel	Feb/06	2:30.10	Chantelle Boduel	Jun/06	200 BACK	2:11.28	Kevin McDonough	Dec/11	2:23.23	Kevin McDonough	May/11
35.39	Claudia Baxter	Mar/15	37.19	Kayah Apanowicz	Feb/20	50 BREAST	34.51	Michael Milic	Mar/12	34.41	Alan Lu	Apr/12
1:14.86	Francine Ling	Feb/98	1:18.37	Francine Ling	May/98	100 BREAST	1:09.39	Jason Steefkerk	Mar/94	1:11.13	Jason Steefkerk	May/94
2:42.57	Francine Ling	Feb/98	2:52.60	Claudia Baxter	May/15	200 BREAST	2:29.82	Jason Steefkerk	Mar/94	2:48.98	Jason Steefkerk	May/93
28.89	Elena Penner	Mar/15	29.71	Elena Penner	Feb/15	50 FLY	28.09	Jackson Wang	Oct/01	29.77	Marcus Vitoria	Feb/20
1:05.62	Hailey Penner	Mar/17	1:07.52	Elena Penner	Jul/14	100 FLY	1:03.29	Chris Stevens	Mar/12	1:04.13	Chris Stevens	Jun/98
2:26.97	Hailey Penner	Mar/17	2:31.77	Hailey Penner	Jul/17	200 FLY	2:18.04	Shingo Kido	Nov/11	2:24.32	Kevin McDonough	Jul/11
1:13.25	Hailey Penner	Oct/16				100 LM	1:09.86	Kevin McDonough	Jan/11			
2:26.09	Hailey Penner	Mar/17	2:31.96	Hailey Penner	Jun/17	200 LM	2:20.75	Kevin McDonough	Mar/12	2:27.30	Chris Stevens	Jun/98
5:08.14	Francine Ling	Feb/98	5:22.13	Hailey Penner	Jul/17	400 LM	5:00.64	Kevin McDonough	Nov/11	5:17.62	Chris Stevens	Jun/98
2:01.39	C. Jensen, K. Trites, K. Apanowicz, R. Soroke	Jul/06	1:57.68	E. Penner, L. Warkentin, H. Penner, M. Lupien	May/14	200 F.R.	1:52.40	D. Su, K. McDonough, T. Bullock, A. Lu	Dec/09	1:58.00	A. Lu, T. Bullock, J. Kidd, Dan. Su	Jun/10
2:15.47	S. Morey, C. Baxter, E. Penner, M. Lupien	Nov/14	2:17.11	L. Warkentin, C. Baxter, E. Penner, H. Penner	May/14	200 M.R.	2:14.74	J. Wang, J. Steepie, S. Kido, S. Pawluk	Nov/99	2:15.74	Dan. Su, A. Lu, J. Kidd, T. Bullock	Jun/10
			5:24.63	M. Karkling, K. Hanna, L. Biggin, K. Zazareth	Jul/06	400 F.R.			4:49.94	N. Hou, C. Dececco, S. Riggs, K. Ge	Apr/07	
			5:32.03	T. Cubico, A. O'Grady, L. Tee, A. Ibbotson	Jan/01	400 M.R.			5:16.82	C. Bullock, A. Yu, Ca. Dececco, R. Landry	Jul/14	
			10:11.18	R. Paul, T. Cubico, N. Boduel, M. Ibbotson	Jul/01	800 F.R.	10:42.35	S. Hanna, C. Dececco, J. Tetrault, K. Ge	Feb/06			
Female 15 years & Over					Male 15 years & Over							
SHORT COURSE		LONG COURSE		EVENT	SHORT COURSE		LONG COURSE					
26.96	Francine Ling	Dec/98	27.86	Francine Ling	Jun/02	50 FREE	23.64	Graham Duthie	Feb/02	23.59	Graham Duthie	Aug/96
58.39	Francine Ling	Feb/00	1:00.23	Francine Ling	Mar/01	100 FREE	51.51	Jackson Wang	Feb/05	52.68	Graham Duthie	Aug/96
2:07.05	Francine Ling	Mar/01	2:10.36	Francine Ling	Jun/02	200 FREE	1:51.94	Greg Hamm	Mar/95	1:55.31	Greg Hamm	Jul/94
4:30.42	Francine Ling	Nov/00	4:35.66	Francine Ling	Jun/02	400 FREE	3:56.54	Greg Hamm	Mar/95	4:08.16	Graham Duthie	Aug/96
9:25.06	Alexandra Lindsay	Feb/09	9:46.34	Francine Ling	Jan/00	800 FREE	8:47.32	Greg Hamm	Nov/93	9:00.77	Graham Duthie	Apr/96
18:32.45	Faye Ling	Apr/03	19:51.84	Jessica Perkins	May/91	1500 FREE	16:37.09	Graham Duthie	Nov/95	17:37.05	Nicholas Kidd	Jul/15
30.8	Elena Penner	Dec/15	31.97	Chantelle Boduel	Jul/06	50 BACK	28.53	Jackson Wang	Dec/04	28.8	Greg Hamm	Jul/94
1:05.14	Chantelle Boduel	Feb/07	1:07.89	Chantelle Boduel	Jul/06	100 BACK	58.27	Greg Hamm	Mar/95	59.25	Greg Hamm	Jul/95
2:21.95	Chantelle Boduel	Mar/07	2:26.48	Chantelle Boduel	Jun/07	200 BACK	2:01.39	Greg Hamm	Mar/95	2:04.92	Greg Hamm	Ful/95
34.02	Francine Ling	Feb/02	34.84	Francine Ling	May/01	50 BREAST	32.56	Nicky Hou	Apr/09	33.86	Jason Steefkerk	Apr/94
1:13.57	Francine Ling	Dec/99	1:15.52	Francine Ling	May/99	100 BREAST	1:05.59	Jason Steefkerk	Nov/96	1:07.53	Jason Steefkerk	Jun/95
2:39.49	Francine Ling	Feb/99	2:45.01	Francine Ling	May/99	200 BREAST	2:23.04	Jason Steefkerk	Nov/96	2:28.50	Jason Steefkerk	Jun/95
29.03	Francine Ling	Feb/90	29.69	Francine Ling	Aug/02	50 FLY	26.21	Jackson Wang	Feb/04	26.35	Jackson Wang	Jun/06
1:04.54	Francine Ling	Apr/02	1:06.34	Francine Ling	May/99	100 FLY	56.41	Jackson Wang	Feb/05	58.19	Jackson Wang	May/05
2:22.34	Louisa Chan	Feb/08	2:26.65	Louisa Chan	Jul/06							